

# After giving blood.

## How do you feel?

If you have a sore arm, feel unwell or have any other concerns, please speak to a member of staff.

## Look after your arm

Keep the dressing on for at least two hours. Avoid heavy or strenuous activity with the arm you gave blood from for the rest of the day.

## Look after yourself

We will bring you a drink after you have donated, and ask that you remain on the bed while you finish it. Make sure you have plenty to drink for the rest of the day to replace the fluid you have lost. It's a good idea to have a snack as well.



For your own safety, we advise that you avoid strenuous or hazardous activities for the rest of the day. If you feel faint after leaving the session, lie down straight away.

Call us for advice on **0345 90 90 999**, or seek medical help through your GP or NHS 24 (**111**). In an emergency, dial **999** or attend A&E.

## **Keep in touch**

Let us know if you become unwell in the next 14 days – it may mean that your blood is not safe to give to a patient this time.

### **Contact us on 0345 90 90 999 if:**

- You feel unwell or suffer any discomfort or problems after giving blood
- You have doubts (at any time after giving blood) about whether your blood should be used for patients

**On behalf of the many patients you have helped by giving your blood – thank you.**

## **Donor Care Call Line**

**0345 90 90 999**

**[scotblood.co.uk](https://www.scotblood.co.uk)**

If you require this leaflet in large print, braille (English only), audio tape or different languages, please contact us at **[nss.equalitydiversity@nhs.scot](mailto:nss.equalitydiversity@nhs.scot)**

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